

The Newport Navallog

VOL. 102 NO. 44 NOVEMBER 1, 2002

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Ron Fontaine/U.S. Navy photo

MAGICAL MOMENT — Anthony Fisher, 10, dressed as the wizard Harry Potter, takes an apple from a witch's cauldron at the 'spook'-tacular Ghoulish Gathering at the Officers' Club last Wednesday night. The event was sponsored by the Morale, Welfare and Recreation Department.



TOP: Hospital Corpsman Second Class (Sel.) Chad Gilbert, right, playing the killer from the horror movie series, *Scream*, surprises, from second left, Hospitalman Apprentice Natalie Hubstenberger, and Hospitalmen Kathryn Schwartz and Kristi Leonard at the Fort Adams haunted house, 'Fright at the Fort.'



ABOVE LEFT: Jack-o'-lanterns decorate hay bales outside the fort.



BOTTOM: Jason Voorhees (played by Hospital Corpsman Third Class Joe Turner) from the *Friday the 13th* horror movie series, prowls a graveyard.

HM2 Michael Duff and HM2 Rick Pettebone/ Navy photos



Navy Lodge opens doors

The new Navy Lodge on Whipple Street welcomes guests, but plans a formal grand opening ceremony in December.

— Page 2



NWC enjoys fun 'n games

President's Cup brings out the best in competition on the tennis courts, golf links, softball diamonds and in Narragansett Bay.

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Disabled part of workforce

Naval Station Newport's annual Disability Awareness Fair, 'Win With Ability,' draws a crowd to the Ramada Inn Conference Center.

— Page 9

Navy Lodge puts out welcome mat, sets grand opening date

By KRISTINE STURKIE
NEXCOM Public Affairs Specialist

After lengthy contract delays this year, the new Navy Lodge Newport opened last week on Whipple Street, Naval Station Newport, between the NEX Auto Service Center and Recreation Center, Building 656.

Although the inn began accepting guests last week, the official ribbon-cutting with Commanding Officer, Naval Station Newport, will be in early December. Groundbreaking for the new lodge was in January 2001.

The two-story \$4.5 million complex offers 50 air conditioned rooms with all modern amenities to provide short or long term lodging to active duty military, reservists, retirees and their families.

Forty rooms feature double queen-size beds, fully furnished kitchenettes with microwave ovens and utensils, coffee makers, toasters, spacious cabinets, counter-top stoves, and refrigerators.

There are also eight business class rooms and two handicapped accessible rooms with one queen bed each, pull-out sofa beds, desk and chairs, and data

port access lines for laptops.

All rooms have cable television with HBO, and a video cassette recorder.

"We are very excited about the grand opening. There's not another hotel in

snack and beverage vending machines, a video rental service and coin-operated guest laundry facilities. Free local calls, in-room coffee and newspapers are included in the daily rate.



Ron Fontaine/U.S. Navy photo

FRONT desk clerk Kathy McLeod, behind a statue of a Navy family in embrace, answers the phone at the new Navy Lodge on Whipple Street.

the area with the capabilities we have to support our Navy families for an extended period," said Frank Klages, manager of Navy Lodge Newport. "Plus, we have a beautiful view of Coddington Cove."

The Navy Exchange, the Recreation Center and Noble Roman's Pizza are within walking distance.

The lodge also offers

A children's "Tot-Lot" or playground area is on the premises.

To make Navy Lodge reservations, call 1-800-NAVY-INN (628-9466) 24 hours a day, seven days a week.

The former Navy Lodge, which opened in 1971 on Coddington Highway at West Main Road, is officially closed.

Navy joins crews at Habitat project

By RICHARD ALEXANDER
Navalog editor

Commanding Officer, Naval Station Newport, has designated the construction of a Newport single family home by teams of volunteers as a command sponsored project.

Construction of the house, coordinated through the East Bay Chapter of Habitat for Humanity, a Habitat International affiliate, is well underway. The foundation is poured and second floor framing is nearly finished.

With their supervisor's approval, NAVSTA Sailors and Department of Defense civilian employees may use a half-hour of their lunch break, plus an hour of administrative leave each Wednesday, to join the

work party at 34 Beacon Court. Saturday is also a construction day.

NAVSTA Newport has been invited by the United Services Automobile Association (USAA) foundation, a charitable trust, to provide volunteers who can give some time toward the project.

The USAA foundation provides funding to Habitat for Humanity International for the purpose of building homes near military installations.

Military and Department of Defense civilians helped build a home at Warner Place, Newport, in the spring of 2000.

Command volunteer service coordinators may contact Bob Krekorian, Public Affairs Office, at 841-3538.

Nominations solicited for top service member

Nominations are being accepted for the annual Naval Station Newport Servicemember of the Year program. All area commands are eligible and encouraged to participate.

Co-sponsored by the Newport County Navy League, the program honors the outstanding achievements and contributions of individuals from various sectors of Naval Station Newport.

The winners will be honored at individual award ceremonies by the Newport County Navy League and various Newport area service clubs.

In accordance with NAVSTAINST 6610.2D, commands should submit nominations through their chain of command to the Commanding Officer, Naval Station Newport, via code N01P, according to the following schedule:

Junior Officer of the Year, no later than Nov. 8;

Senior Enlisted Service Member of the Year, no later than Dec. 9;

Junior Enlisted Service Member of the Year, no later than Jan. 8, 2003.

Showband concert to salute veterans

Navy Band Northeast will commemorate Veterans Day on Sunday, Nov. 10, at 3 p.m. with a concert in Spruance Hall Auditorium at the Naval War College.

The Northeast Navy Showband will perform a variety of swing music and patriotic mu-

sic from all war eras. The Showband will perform such hits as *God Bless The USA*, *Where Were You When The World Stopped Turning?* and a medley of the service songs. Musician Third Class Elise Hunt and Chief Musician Heidi Willson will be the vocalists

for this dynamic concert.

Concertgoers should enter through Gate One, the main gate of Naval Station Newport. This gate is located closest to the Officers' Club and The Naval War College Museum.

Navalog

Capt. Ruth A. Cooper
Commanding Officer, Naval Station Newport

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Ron Fontaine NAVSTA Public Affairs Staff	Joy Christmas NAVSTA Public Affairs Staff	Richard Alexander NAVALOG Editor

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The Newport Navalog is printed on recycled paper.

Marines remember Beirut sacrifices

By KATE HOWARD

NAVSTA Public Affairs Staff

PORTSMOUTH — Nineteen years ago, 241 American servicemen died while they slept when terrorists bombed the Marine Barracks in Beirut, Lebanon. The Marines and Sailors were on a peacekeeping mission.

Last Wednesday, Oct. 23, Marines, Sailors, veterans and family members gathered in the chapel of the Portsmouth Historical Society Museum to honor and remember nine Rhode Islanders who were among the victims.

"These men understood the cost of freedom, and they paid the price to preserve it," said Capt. Christopher B. Silvern, Commanding Officer of the Marine Corps Detachment, Newport, who served as the commemoration narrator.

The weather was drizzly and gray, much like the first observance led by President Ronald Reagan in Washington. Inside,



Ron Fontaine/U.S. Navy photo

SGT. ANGEL W. PINEDA, Marine Corps Detachment, reads the names of the nine Rhode Island Marines killed in Beirut in 1983 during commemorative ceremonies at the Portsmouth Historical Society.

Navy Band Northeast's ceremonial band played and veterans saluted, teary-eyed and respectfully, as the colors were posted.

Guest speaker, Lt. Col. Peter S. Vercruysse, was a platoon commander with the Multinational Peacekeeping Force in

Beirut in 1983. The terrorist attacks made a huge impact upon his life as well as others in military service.

"As many old, tough Marines cried as the young ones with rage, frustration, and sorrow at this tremendous loss of life," Vercruysse remembered.

Although Vercruysse didn't personally know those lost in this terrorist attack, he did lose friends and fellow Marines in Beirut.

"Though I did not know these soldiers, I knew some just like them," Vercruysse stated. "Like others who served in Beirut, these Marines were heroes."

Vercruysse drew parallels between the attack in 1983 and those faced by America on Sept. 11.

"Terrorists such as these seek to weaken our resolve as Americans," Vercruysse said. "We must maintain this resolve."

The Roll Call of Honor was read by Sgt. Angel W. Pineda. The playing of *Taps* followed, and Lance Cpl. Jesse Landrie placed a wreath. Most in the crowd were visibly moved to tears, while family members wept and veterans saluted.

The veterans groups represented were Newport and Middletown VFW, and Newport and Portsmouth American Legion.

A number of things...

100

The percentage of Tuition Assistance (TA), upgraded this month from 75 percent, now provided by the Navy for voluntary off-duty college tuition fees. **Story, Page 9**

70

The percentage of disabled Americans who remain unemployed, according to figures released at Naval Station Newport's Disability Awareness Fair last week at the Ramada Inn. **Story, Page 9.**

46

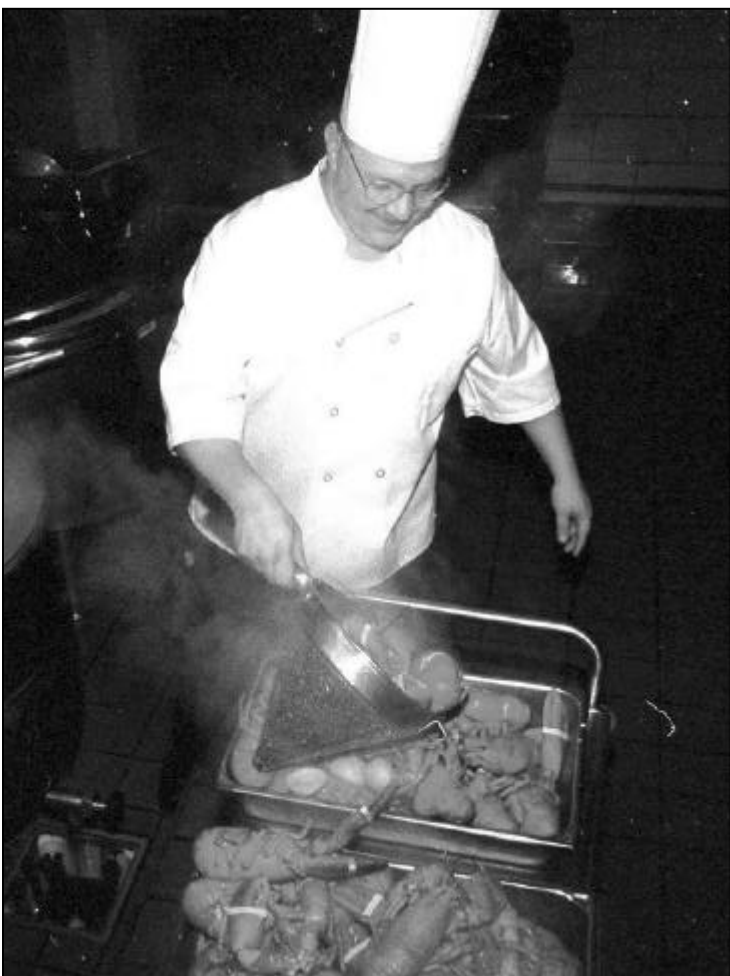
The number of junior officers in mostly medical and dental fields who will graduate today from the Officer Indoctrination School. **Story, Page 7.**

50

The number of fully furnished, air conditioned rooms now open for active duty military, reservists and retirees at the new Navy Lodge Newport on Whipple Street. **Story, Page 2.**

9

The number of Rhode Island Marines, along with more than 230 other servicemen, killed during the terrorist truck bombing of the Marine barracks in Beirut in 1983. **Story this page.**



Ron Fontaine/U.S. Navy photo

MESS Management Specialist Second Class Jim Morris fills chow line bins with boiled lobsters at last year's Ney Hall Galley lunch special.

Ney Hall ladling out boiled lobsters again

By RICHARD ALEXANDER

Navalog editor

If you like boiled lobsters and tender steak, you'll love the "surf and turf" lunch special today at the Ney Hall galley.

Chief Mess Management Specialist Alan Thomson said about 1,000 pounds, or about 800 New England lobsters at up to 1 1/4 pounds each, have been ordered through Naval Station Newport's food distributor.

Pat Malo, cook supervisor, said NAVSTA is getting the lobsters through SYSCO Food Services at \$7.59 per pound.

The special will include both lobster and a sirloin or tenderloin steak with mushrooms on the side. The rest of the menu will include vegetable, soup of the day, potato, rolls, salad, fruit and dessert, and various beverages. Only one lobster per patron, however.

For those students without meal tickets, the price is \$3.25.

"It's the best deal in town," Thomson said.

The last lobster for lunch special was more than a year ago and was a sellout. In January 2001, the galley served 981 meals, and sold out of 500 1 1/4 pound lobsters and 80 pounds of frozen lobster tails.

Lunch will be served from 11 a.m. to 12:30 p.m. The galley is open to all hands.

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Navy/ USMC Commendation

HM1 Joselito A. Jamero, from Clinical Pathology Laboratory, Naval Ambulatory Care Center, for superior performance of duties from November 1999 to November 2002, as advanced laboratory technician, second award, presented at NACC, Newport, Oct. 16, 2002

Navy/ USMC Achievement Medal

Lt. Sharon L. House, Family Outpatient Department, from Commanding Officer, Naval Hospital, Rota, Spain, for superior performance of duties as a staff nurse from June 2000 to June 2002, presented at Naval Ambulatory Care Center, Newport, Oct. 16, 2002

HM3 Gregory J. Lewis, Internal Medicine Outpatient Clinic, for superior performance of his duties as a general duty corpsman from November 2000 to November 2002, presented at Naval Ambulatory Care Center, Newport, Oct. 16, 2002

Flag Letter of Commendation

HN Duane Selby, from Rear Adm. Rodney P. Rempt, President, Naval War College, for professionalism and support of the 2002 Naval War College command picnic, presented at Naval Ambulatory Care Center, Oct. 16, 2002.

Letter of Commendation

IT2 Carlos E. Acevdo, Management Information, from Commanding Officer, Personnel Support Activity, Norfolk, Va., for superior performance of duty from May 2001 to May 2002, presented at Naval Ambulatory Care Center, Oct. 16, 2002

HM3 Robin L. Lenon, Preventive Medicine, for superior performance of duty in the Pharmacy Department from September 2001 to July 2002, presented at Naval Ambulatory Care Center, Newport, Oct. 16, 2002

Letter of Appreciation

HM2 Joseph M. Illig, Optometry Clinic, letter from Officer in Charge of the Branch Medical Clinic, NAS Brunswick, Maine, for superior temporary duty at their Optometry Clinic from August 28 to Sept. 13, 2002.



Richard Bonin

NUWC names top executive

Rear Adm. John D. Butler, Commander of the Naval Undersea Warfare Center, has announced the selection of Richard L. Bonin of Newport as the technical director for the Naval Undersea Warfare Center.

As technical director, Bonin is responsible for the planning and execution of technical programs that involve some 4,400 civilian employees, and an \$850 million budget at NUWC's Newport, R.I., and Keyport, Wash., Divisions. He provides technical direction of all science and technology initiatives assigned to the command. He also directs NUWC's planning, investment, business and information resources management.

Bonin joined the staff of the Naval Underwater Weapons Station (NUWS), a predecessor of NUWC Division, Newport, as an electrical engineer in 1969. During his career he has been assigned various engineering roles in torpedo development and acquisition.

Supervisory positions have included Guidance and Control Branch Head; Torpedo Acquisition Division Head; Torpedo Systems Department Head; and Head, Test and Evaluation Department. In 1997 he was named to head the Engineering, Test and Evaluation Department.

In addition to supervisory positions, he was assigned to be the NUWC torpedo programs manager in 2000. Bonin holds a BA in electrical engineering from Worcester Polytechnic Institute.

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Lt. Dan Kleiboemer/U.S. Navy photo

HAPPY BIRTHDAY NAVY — Chief Electronics Technician Marylou Morse, left, budget officer; and Officer Candidate Nicole Jansen-Hinnenkamp, both attached to the Seaman to Admiral 21 program, cut a cake Oct. 11 to celebrate the Navy's 227th anniversary in Building 1112 ceremonies. About 400 students and instructors attended.

Announcements

NAACP awards dinner slated

The National Association for the Advancement of Colored People (NAACP) will hold its Newport County Branch 83rd annual anniversary awards dinner on Saturday, Nov. 2, at the Hyatt Regency Hotel in Newport. Dinner tickets are \$50, and the event serves as the main source of operating funds for the upcoming year.

The speaker will be Dr. Harold Rudolph Sims, who is the founding chair of the Ambassador Leslie O. Harreman- Whitney Young African Development Foundation. The reception will be at 6 p.m. and the dinner at 7 p.m.

Bone marrow donor drive

A bone marrow drive for the C.W. "Bill" Young/Department of Defense Marrow Drive program will be held Nov. 7 from 9 a.m. to 3 p.m. in the former aerobics room at Gym 109. Donors will be asked to provide a vial of blood for testing.

Any donor who is a preliminary DNA match with a potential recipient on the registry will be notified for follow-on blood and marrow testing.

Anyone who has donated before should update his or her donor center on any change of address. Those who donated through the Department of Defense bone marrow drives, may call 1-800-MARROW-3 and follow the voice prompts.

For more information contact Lt. E. Benjamin Miller at the Surface Warfare Officers School Command.

Thrift Shop to close two days

The Navy-Marine Corps Relief Society Thrift Shop (Building 305) will be closed on Tuesday, Nov. 5, and for Election Day and Thursday, Nov. 28, for Thanksgiving.

The donation bin will remain open. For Thrift Shop information call 846-7961 or 841-7342.

Festival of Trees welcomes help

The Festival of Trees, a spectacular display of hand-decorated evergreens, is a 25-year-old tradition put on by military spouses during the annual Christmas in Newport celebration. All proceeds will benefit local charitable and non-profit organizations.

If you are interested in volunteering at the festival, making ornaments in preparation for the festival or just learning more about it, contact De Andrea Fuller at (401) 261-8184.

Meetings/reunions

Recreation Board to meet

The Recreation Board will meet Nov. 7 at 10 a.m., at the Recreation Center, Building 656.

Additional agenda items may be submitted to the recreation director no later than today. Agenda items may be added by calling 841-3127, by fax at 841-7811 or via e-mail to Jeff Shea, recreation director (SheaJ@nsnpt.navy.mil).

Cruiser Sailors seek members

The U.S. Navy Cruisers Association is actively seeking new members. Membership is open to all ship's company, Marine detachments, aviation divisions, flag personnel and midshipmen who served, or are serving, aboard cruisers.

Associate memberships are available to past and present Navy men and women, reservists, widows of cruisermen and other interested individuals.

For information, contact Ronald J. Maciejowski (USS Worcester CL-144), secretary of USNCSA of 55 Donna Terrace, Taunton, Mass., 02780. His phone number is (508) 824-0789.

Officers' spouses host coffee

The Newport Officers' Spouses' Club will hold a Welcome Coffee for all spouses of active duty and retired officers on Thursday, Nov. 7, from 10 a.m. to noon at the Naval War College Mahan Conference Center.

Free veterans concert set

Twenty-five former Navy bandleaders and musicians from across the United States will offer a free concert, "Veterans Honoring Veterans," on Friday, Nov. 8, from 7 to 9 p.m. at Rogers High School.

Navy Musicians New England spokesman, retired Master Chief Musician Larry Brown, said the special concert will honor all who have served in the Armed Forces.

The concert will include Big

Band swing music from the 1940s to contemporary music, along with patriotic songs, "gun-tub" memories, and old time "concert in the park" selections.

The city of Newport is host.



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CFC drive underway

The annual Combined Federal Campaign (CFC) is off and running.

The CFC is a program established in 1961 by President Kennedy. Its purpose was to respond to the needs of the homeless, hungry, elderly and handicapped.

Today, CFC has an 87-page brochure dedicated to numerous charities that provide services to a variety of people in need. Federal employees have the opportunity to donate to CFC through their paychecks.

They can elect to have a certain amount withdrawn each month, before they ever see their leave and earning statements. Other donations can be through cash or check. Remember, you control where your gift goes.

If interested in giving to CFC, contact one of the following: MS2 Broadus Brooks, Supply Department; Joanne Mower, Fleet and Family Support Center; Renee Lavoie, Environmental Department; OS2 Todd Slifka, Port Operations; YN2 Wendy Wohlford, Command Support Department; Ens. Brad Hagel, Public Works Department; Linda Youngblood, Nora Gibbons, Kimberly Moniz and Rita Petropoulos, MWR; MA2 Dwain Sampson, Security Department; MS2 Veronica Woods, Combined Bachelor Housing; DK3 Curtis Clark, Personnel Support Activity Detachment; Ens. Jennifer Berg, NAVSTA CFC coordinator, Public Affairs Office.

CFC ends Dec. 10.

TODAY, Nov. 1

- Surf and Turf (lobster and steak) lunch special, Ney Hall galley, 11 a.m. to 12:30 p.m.
- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Mommy and Me Infant Massage, 9 to 10:30 a.m.
 - Make a Pattern and a Skirt, 9:30 a.m. to 11:30.
 - Nantucket Basketweaving, 9 a.m. to noon.
 - Big Kid's Game Night, 6 to 9 p.m.
- Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.

- Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.

- Channing Music Series, Channing Memorial Church, 8 p.m., 846-0643.

SATURDAY, Nov. 2

- NAACP Newport County Branch 83rd annual anniversary awards dinner, Hyatt Regency Hotel, Newport, 6 p.m.
- Common Fence Music, Common Fence Point Community Hall, 8 p.m., 683-5085.

SUNDAY, Nov. 3

- Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant Services, 8 and 10:30 a.m.
 - Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.
 - Guided Bird Walks, Norman Bird Sanctuary, 8 a.m., 846-2577.
 - Autumn Tours of Inns and B&B's, 1 to 3 p.m., 847-7081.
 - "The President's Own" U. S. Marine Band concert, Rogers High School auditorium, 2 p.m., 847-1000, ext. 150.

MONDAY, Nov. 4

- Armed Services YMCA:
 - Parents' Time Out, 9 a.m. to noon.
 - Coupon Club, 1 to 2 p.m.
 - Open Sewing, 6 to 9 p.m.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109.
 - Intermediate Weight Training for Women, 9 to 10:30 a.m., \$10 per person.
 - Mastering Networking, Transformational Leadership Center of New England, LLC, 7 to 8:30 p.m., 683-6406.
 - Red Cross Community First Aid and Safety Course, Visiting Nurse Services, 1184 East Main Road, Portsmouth, 6 to 10:30 p.m., 846-8100.

TUESDAY, Nov. 5

- Election Day, Navy Marine Corps Relief Society Thrift Shop closed.
- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Cooking with Miss Kathy, 11 a.m. to noon.
 - Adult Beginner Sewing No. 3, 6 to 9 p.m.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks! Call 841-3154.
 - Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.
 - Island Foghorns Toastmasters Club, Armed Services YMCA, 7 to 8 a.m., 447-6573.
 - Officers' Club movies, at 6 p.m. *K-19 The Widowmaker* (PG-13); at 8 p.m. *Gentleman's Game* (R).

WEDNESDAY, Nov. 6

- Armed Services YMCA:
 - Parents' Time Out, 9 a.m. to



Ron Fontaine/U.S. Navy photo
MUSIC FOR THE MASSES
— Rhode Island Sound rock band members, Musician Third Class Elise Hunt, left photo, and Musician First Class Dan Magruder and Musician Third Class Gerald Shaffer, right photo, entertain Sailors and their families last Friday night outside the NEX Uniform Shop and Package Store. The free concert included complimentary food and a bonfire.

noon.

- Red Cross Community First Aid and Safety Course, Visiting Nurse Services, 1184 East Main Road, Portsmouth, 6 to 10:30 p.m., 846-8100.

THURSDAY, Nov. 7

- Bone marrow drive for the C.W. "Bill" Young/Department of Defense Marrow Drive program, former aerobics room at Gym 109, 9 a.m. to 3 p.m.
- Newport Officers' Spouses' Club Welcome Coffee, Naval War College Mahan Conference Center, 10 a.m. to noon. 847-3305.
- Morale, Welfare and Recreation Department's Recreation Board meeting, Building 656, 10 a.m.
- Your Ticket to Ride, Fleet and Family Support Center, 11:30 a.m. to 1 p.m., 841-2283.
- Anger Management Support Group, Fleet and Family Support Center, 2:30 to 3:30 p.m., 841-2283.

UPCOMING EVENTS:

- Nov. 8: Free Veterans Day tribute concert, Navy Musicians New England, Rogers High School, 7 to 9 p.m.
- Nov. 8-10: Storytelling Festival, Nov. 8, Spooky Stories at Little Compton Community Center; Nov. 9 at 2 p.m., multicultural stories at Sullivan School Family Center; and at 7 p.m. Leroy White in concert at the Hibernian Hall in Newport; Nov. 10 at 2 p.m., Norman Bird Sanctuary in Middletown. Call 847-5148 for more information.



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Officer Indoctrination School to graduate 46

Officer Indoctrination School (OIS) Class 02070 will graduate today at Capt. Howard Kay Hall at Naval Station (NAVSTA) Newport. The ceremonies, inclusive of a traditional pass-in-review, will begin at 10 a.m. The reviewing officer and guest speaker will be Rear Adm. Rodney Rempt, President, Naval War College.

The ceremonies culminate six weeks of intense naval indoctrination for the 46 newly commissioned officers of the Medical Corps (MC), Medical Service Corps (MSC), Nurse Corps (NC), Judge Advocate General Corps (JAGC), Dental Corps (DC) and nuclear power field.

The curriculum included military law, personnel administration, Navy policies, personal excellence, and naval leadership.

The graduates and their ultimate assignments are as follows:

Lt. Ruby Agarwal, MSC, Naval Medical Center, Portsmouth, Va.

Ens. Carol E. Bergren, NC, National Naval Medical Center, Bethesda, Md.

Heidi Yasmene Blaylock, NC, Naval Medical Center, Portsmouth, Va.

Lt. Jana E. Boyd, NC, 1ST Dental Company, Camp Pendleton, Calif.

Ens. Jennifer M. Brooks, NC, Naval Medical Center, Portsmouth, Va.

Lt. Jody Allen Bruton, MSC National Naval Medical Center, Bethesda, Md.

Lt. Travis L. Chapman, DC, Naval Dental Center, Pearl Harbor, Hawaii

Lt.j.g. Robert E. Comeau, MSC, Naval Hospital, Okinawa, Japan

Ens. Tamera A. Corson, NC, Naval Medical Center, Portsmouth, Va.

Ens. Andrea May Currie, NC, Naval Hospital, Pensacola, Fla.

Ens. Sarah E. Ernsberger, NC, National Naval Medical Center, Bethesda, Md.

Lt.j.g. Julian Ferguson, MSC, Naval Medical Clinic, Quantico, Va.

Ens. Kimberlee P. Flannery, NC, National Naval Medical Center, Bethesda, Md.

Ens. Heather L. Gordin, NC, Naval Medical Center, Portsmouth, Va.

Ens. Jessica N. Hardy, NC, National Naval Medical Center, Bethesda, Md.

Ens. Adrian J. Harwood, NC, National Naval Medical Center, Bethesda, Md.

Ens. Bradley S. Hazen, NC, Naval Medical Center,

Portsmouth, Va.

Ens. Kristen E. Kauffman, NC, Naval Medical Center, Portsmouth, Va.

Lt. James A. Keith, DC, Naval Dental Center, Norfolk, Va.

Ens. Lee A. Laubert, NC, Naval

Hospital, Jacksonville, Fla.

Ens. Sarah A. Ledford, NC, National Naval Medical Center, Bethesda, Md.

Ens. Scott M. MacDonald, NC, Naval Hospital, Jacksonville, Fla.

Lt. John Lee Melton, MSC,

Naval Experimental Diving Unit, Panama, Fla.

Ens. Erin R. Michael, NC, Naval Hospital, Camp Lejeune, N.C.

Ens. Ragan C. Mitchell, NC, Naval Hospital, Jacksonville, Fla.

Ens. Aaron C. Myers, NC,

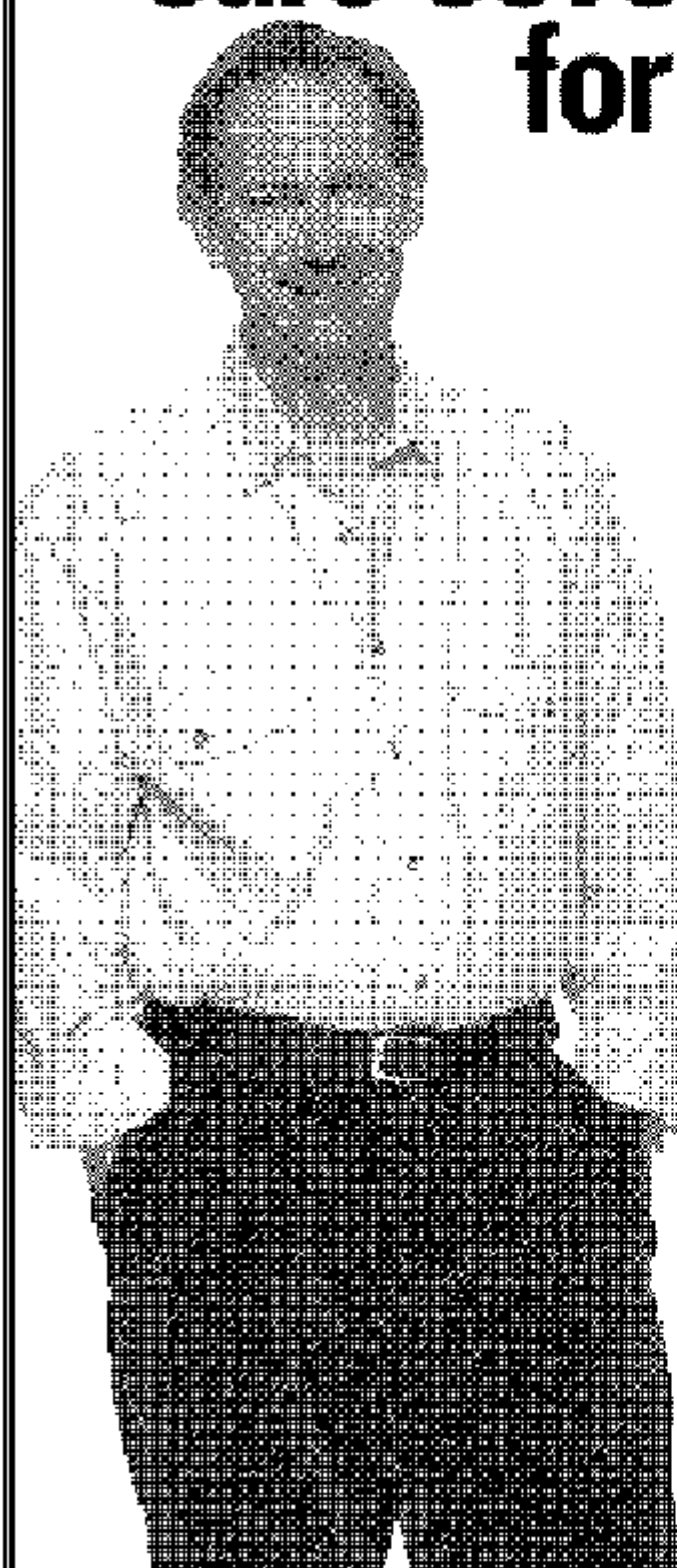
Naval Hospital, Bremerton, Wash.

Lt. Lyndon Naipaul, DC, Naval Dental Clinic, Atlanta, Ga.

Lt. Travis D. Nash, DC, Naval Dental Center Mid-

OIS, Page 13

Which long-term care coverage is right for you?



You may qualify for better long-term care coverage than what the federal plan offers—and pay less! Our new seminar, sponsored by Long Term Preferred Care, will look at the differences among plans and help you choose the program that best meets your needs.

Register for our no-cost seminar on Long-Term Care Coverage today!

Date: November 5, 2002

Time: 6:00 pm

**Location: Newport Library
300 Spring Street, Newport**

Call 401-849-3624 or go to www.navyfcu.org and click on "Investments & Insurance."

Financial Services and Long Term Preferred Care Representatives will be on hand to answer your questions after the seminar.

NAVY FEDERAL
Financial Group

Insurance sold through licensed CNA Mutual Life Insurance Company representatives, and in New York, licensed insurance representatives of other companies. Non-qualified insurance products are not federally insured, involve investment risk and may lose value. See contract for details or guaranteed by the contract owner.

Competition cranks up for President's Cup

NWC Public Affairs Office

The Naval War College 2003 President's Cup competition got underway last Friday on a chilly autumn day with four teams squaring off in four events.

The College of Naval Command and Staff dominated the competition, winning three events to take a commanding 10 point lead over the Staff & Faculty. The Navy Warfare Development Command and the College of Naval Warfare trail in third and fourth place, respectively.

"The teams were extremely competitive," said NWC Athletic Coordinator Lt. Col. Mark McKearn. "All four sporting events went down to the wire with the victors winning narrowly."

Competition was in golf at the Laurel Lane Country Club in Kingston, softball at the Carr Point Recreation Area fields, and tennis at the Gym 109 courts. Sailing took place earlier in the month at the Naval Station Newport Marina.

The Winter Round is scheduled for January and will include bowling, swimming, basketball and volleyball.

Points are awarded for each place in the events: eight for first place, six for second, four for third, and two for fourth. The results after Friday are:

Sailing Regatta:

- First-Staff & Faculty
- Second-CNC&S (Juniors)
- Third-NWDC
- Fourth-CNW (Seniors)

Softball:

- First-CNC&S (Juniors)
- Second-CNW (Seniors)
- Third-NWDC
- Fourth-Staff & Faculty

Tennis:

- First-CNC&S (Juniors)
- Second-NWDC
- Third-Staff & Faculty
- Fourth-CNW (Seniors)

Golf:

- First-CNC&S (Juniors)
- Second-Staff & Faculty
- Third-CNW (Seniors)
- Fourth-NWDC

Team standings after four of the 11 President's Cup events:

- First, CNC&S (Juniors), 30 pts.
- Second, Staff & Faculty, 20 pts.
- Third, NWDC, 16 pts.
- Fourth, CNW (Seniors), 14 pts.



PUTTING OUT — Fire Controlman First Class (SW) Jonathan Blackard, Staff & Faculty, applies some body English at the Laurel Lane Country Club in Kingston, R.I.



TAKE THAT — Lt. Col. Joseph Itz, College of Naval Warfare (Senior Class) fires a two-hand forehand over the nets at Gym 109.

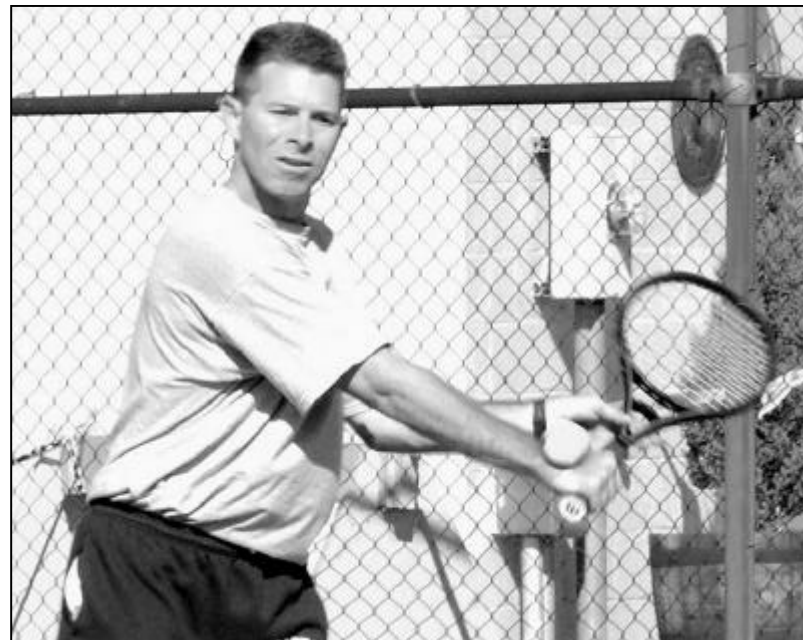
Ron Fontaine and
PHC (AW) Jon Hockersmith,
U.S. Navy photos



SHORTSTOP, Maj. Mick Haydak, with the College of Naval Command and Staff (Junior Class), tries for a double play at the Carr Point softball fields. Ducking is Lt. Col. Peter Curry, Naval War College Staff & Faculty team.



A FLEET of Rhodes-19s from the Naval Station Marina, round the marks during the President's Cup Sailing Regatta in early October.



CMDR. Mark McDonald, College of Naval Warfare (Senior Class) returns a backhand at the Gym 109 courts.

Let FFSC help you buy that dream car

You want to buy a new car. An image of your dream car hovers in your mind: it's shiny, colorful, and purrs like a kitten. But, standing between you and your dream car is the dreaded car dealer. How do you get the best car for a fair price?

Come to the Fleet and Family Support Center on Thursday, Nov. 7, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed. Call 841-2283 to register.

Retirement strategies—This is a retirement class for all ages. You are not going to be in your 20s and 30s forever. Now is the time to learn how to prepare for those days when you do not have to work every day. The Fleet and Family Support Center is offering this class on Tuesday, Nov. 12, from 11:30 a.m. to 1 p.m.

Registration is required and may be made by calling 841-2283.

Anger management—Anger is a powerful feeling. It can be used destructively, or it can be used for positive change. Learn how to manage your anger and change your life for the better.

This skill-building workshop will take place at the Fleet and Family Support Center on Wednesday, Nov. 13, from 11:45 a.m. to 1 p.m.

Registration is required and may be made by calling 841-2283.

Holiday bliss or blitz—This program provides suggestions on increasing holiday joy by lowering holiday expenses.

Participants will learn how to get through the holidays without getting into debt.

This workshop will be held at the Fleet and Family Support Center on Wednesday, Nov. 13, from 4 to 5 p.m. Call 841-2283 to register.

What's in your credit report?—Good credit is an important part of financial planning. Establishing credit, correcting credit problems, and rebuilding good credit are important skills.

The seminar will be Thursday, Nov. 14, from 11:30 a.m. to 1 p.m. Call 841-2283.

Birth



Nicholas Thomas Perrotti, son of Air Force Lt. Col. Cynthia S. and Mr. T.J. Perrotti Jr. of 107 Coggeshall Ave., Newport, was born Oct. 7, 2002, at National Women's Hospital in Auckland, New Zealand. He weighed 8 pounds, 7 ounces and was 21 inches long at birth. Lt. Col. Perrotti is a professor at the Naval War College, National Security and Decision Making Department.

Tuition Assistance increased to 100%

By JOY WHITE
CNET Public Affairs Office

PENSACOLA, Fla. — After an in-depth review of historical, statistical and budgetary data, the Navy has announced it will immediately increase Tuition Assistance (TA) payments for off-duty voluntary education to 100 percent, a 25 percent increase from the assistance payments in years previous.

The increase is retroactive to

last Oct. 1, and covers Sailors who may have already registered for courses since then.

Details are available in NAVADMIN 349/02, with the subject line of Tuition Assistance Policy Change.

"We worked very hard to put together a good program to benefit our Sailors," said Vice Adm. Alfred G. Harms, Jr., Chief of Naval Education and

TUITION, Page 13



Ron Fontaine/U.S. Navy photos

PAUL MILROY of New England Assistance Dog Services, sits with his black Lab Phoebe, who is also in the portrait, left, with other assistance dogs. Milroy was a vendor at the Naval Station Newport Equal Employment Opportunity Committee's Disability Awareness fair last week at the Ramada Inn.

Workforce competencies shine through disabilities

By ENS. JENNIFER BERG
NAVSTA Public Affairs Staff

MIDDLETOWN — Capt. Ruth A. Cooper, Commanding Officer, Naval Station Newport, reaffirmed the Navy's deep commitment to equal opportunity as she opened the second annual Disability Awareness Fair on Oct. 23 at the Ramada Inn.

The motel's Conference Room was jammed with people, who visited dozens of tables stacked with promotions, posters, and brochures. Each table was staffed with a helpful, friendly product representative, eager to talk about his or her organization.

This year's theme was "Win with Ability" and was sponsored by the Equal Employment Opportunity Committee.

Guest speakers were Vicki Ferrara of the Paul Sherlock Center for Disabilities, and Paul Milroy of New England Assistance Dog Services.

Ms. Ferrara read the governor's proclamation stating that October is Americans With Disabilities Month. The proclamation also stated that 70 percent of all people with disabilities are unemployed



EDNA BARTRAM of Guiding Eyes for the Blind holds her guide dog, Strider.

and that this percentage must change, he said.

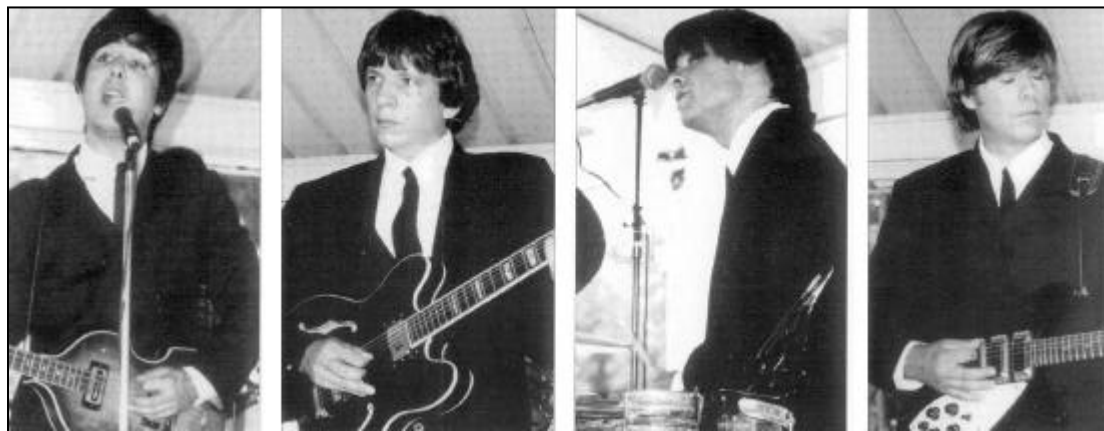
Milroy, accompanied by his two-year-old black Labrador,

Phoebe, inspired the audience with his story. Milroy said he has Multiple Sclerosis, but it wasn't until he couldn't walk and was forced to use a wheelchair that he realized how serious his situation was.

Luckily, Phoebe came into his life. With Phoebe, Milroy said he is able to go places on his own and be independent again. Phoebe picks up things he drops, retrieves objects out of reach, opens doors, turns lights on and off, and can even help Paul back in his wheelchair if he falls.

Besides New England Assistance Dog Services, there were a variety of other organizations represented. The James L. Mather Center provides NAVSTA with an extensive workforce for the Ney Hall galley, the Newport Commissary, Arleigh Burke Hall, the Naval Dental Center Branch Clinic, Building 690 NAVSTA Headquarters, the Naval War College, and the Naval Ambulatory Care Center (Building 43). Another organization, Advocates in Action, "helps people with developmental disabilities get out in the community and feel just

DISABILITIES, Page 13



FAB FOUR LOOK-ALIKES— Abbey Road, New England's No. 1 Beatles tribute band, takes the stage at the Officers' Club on Nov. 15 for a night of reminiscing rock and roll. More information, this page.

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections.

Tonight: Kick off the weekend right with complimentary hors d'oeuvres in the Topside Pub every Friday from 5 to 7 p.m. As always, you can order your favorite beverages or something from the pub menu.

Upcoming Events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

Nov. 7: Barry and Richard Cowsill, original members of the legendary local band, The Cowsills, are bringing their songs to the O'Club for an amazing night of music from yesterday and today.

This special "Lobsters for Happy Hour" event is 5 to 7 p.m.; and The Cowsills perform from 5:30 to 8:30 p.m.

Nov. 8: Tickets are now on sale for a spectacular Shrimp-A-Peel on Friday, Nov. 8 from 6 to 9 p.m. If you love shrimp, then you will certainly want to get in on this special dining event!

Tickets cost \$29.85 for adults, \$11.45 for children (4 to 12), and, as always, children 3 and under are free. Please note: Gratuity is included in ticket price. Seating reservations are required and must be made at time of ticket purchase. Call 846-7987 to purchase tickets or for more information.

mation.

Nov. 15: If you long for "Yesterday" and the songs of The Beatles, you won't want to miss the extraordinary event taking place at the Officers' Club on Friday, Nov. 15!

Join "John," "Paul," "George" and "Ringo" as Abbey Road, New England's No. 1 Beatles tribute band, takes the stage for a night of reminiscing rock and roll!

The evening begins with a delicious Italian buffet complete with hors d'oeuvres, antipasto, minestrone soup and over a half dozen Italian entrees, including six-cheese lasagna, chicken saltimbocca, and baked sole Florentine!

The cocktail bar opens at 6 p.m.; dinner begins at 6:45 p.m. and Abbey Road performs from 7 to 10:30 p.m.

Tickets are on sale at the Officers' Club Gift Shop for \$22.95 for adults and \$11.45 for children (4 to 12). Children 3 and under are welcome at no charge and gratuity is included in ticket prices. Purchase by phone using Visa/MasterCard at 846-7987.

Enlisted Lounges (Recreation Center, Building 656, phone 841-3054)

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Unwind after work at the Recreation Center with a

drink and complimentary hors d'oeuvres buffet from 5 to 7 p.m. Or, enjoy a delicious fish

and chips dinner from 5 to 8 p.m. for just \$4.75. Fish and chips are available for take out; no home delivery.

So, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available all day.

Sunday: Noon to 8 p.m., Pub menu available all day.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch, begins at 11 a.m., daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and







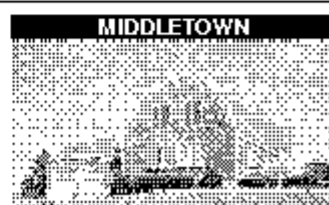






dinner is open to all hands and Department of Defense civilians are always welcome.

Call for advance order take-out. No home delivery.

Monday is "Pile your Plate" with Pasta night, 5 to 8 p.m. Enjoy pasta, marinara sauce, meatballs, sausage, salad and more! Just \$4 per person.

Tuesday is "Taco Night," 5 to 8 p.m. Create your perfect taco using all your favorite ingredients for just \$1 each!

Weekly Pool Tournaments: If you love the friendly competition of a pool tournament, the Recreation Center is the place for you, every Tuesday night!

 <p>Prudential http://www.prudentialprime.com (Web site) prime@prudentialprime.com (E-mail) 136 West Main Rd., Middletown • 849-2800</p>		
<p>NEW LISTING</p>  <p>Four-bedroom colonial with great space in the Vachling Village. Two off-street parking spaces from Milburn Court. Walk to shops, restaurants, etc. \$239,000. Call Doug Arnold at 843-2800/2267 even. 846-4392. #215277</p>	<p>NEW LISTING</p>  <p>Portsmouth - Intriguing 3 bedroom contemporary home situated on a corner lot with water views of the Sakonnet River and water access nearby. This home features a large stone fireplace, gourmet kitchen and in ground pool and 2 car garage. Call John Silva for more information or to preview this unique property at 862-3833. #214639</p>	<p>NEW CONSTRUCTION NEW LISTING</p>  <p>New construction, Middletown - 4 bedroom, 2.5 bath Gambrel Cape with 2 car garage, gas heat, near beaches. \$419,900. Call Dave McCauley at 843-2800/2213 or 862-6206.</p>
<p>NEW LISTING</p>  <p>Enjoy sitting on the front porch or retreat to the privacy of the spacious deck of this Newport colonial home. Light and airy open first floor with formal dining room and fireplace family room. \$285,000. Call John Silva 862-3833 for more details.</p>	<p>NEW LISTING</p>  <p>Beautiful Victorian - 5 bedroom, 3 bath, garage. Can be a single or 2 family. New kitchen, bath, enclosed porch and more. \$495,000. Call Dave McCauley at 843-2800/2213 or 862-6206. #215068</p>	<p>MIDDLETOWN</p>  <p>Great view from this Gambrel Cape with open floor plan. Windows and extra large deck overlook Narragansett Bay, Jamestown, and Quonset. Solid construction. \$395,000. Call Barry Clark 843-2800/2222 even. 847-3266 or Art Weber 843-2800/254 even. 843-3547. #213454</p>
<p>PORTSMOUTH</p>  <p>Waterfront Black Point Farm - 45 bedroom Cape, beach rights, deck, garage. Wonderful location. \$1,050,000. Call Dave McCauley 843-2800/2213 or 862-6206. #205360</p>	<p>LARGE VICTORIAN HOME</p>  <p>With over 1800 sq. ft. of living area. Hardwood floors, porch, off street parking, nice living floor plan with great light. Easy to show not a drive-by. \$249,900. Call Michelle Gilman at 843-1637. #210513</p>	<p>PORTSMOUTH</p>  <p>This home features lot of space including room to expand. The master bedroom suite features a full bath, fireplace, water jet shower and a walk-in closet. The home also features a two sided fireplace, den, formal dining room or informal family room. A must see. This home is presented at \$454,000. Please call John Silva at 862-3833 to arrange an appointment. #203001</p>
<p>NEWPORT</p>  <p>Three family located in the Point. Extensively renovated with separate utilities, 3rd floor walk-up with great potential for expansion. \$313,000. Call Paul Toback 843-2800/2235 or 862-2992. #210181</p>	<p>PORTSMOUTH</p>  <p>Private abode in this wonderful gem of a home hidden down a dirt road, surrounded by trees and situated proudly on the waterfront of the Sakonnet River. This home features a bedroom on the first floor, a large living room with fireplace, screened in porch and walkout basement. Proudly presented at \$489,900. Call John Silva at 862-3833 for an appointment. #203904</p>	<p>SUNNY WOOD</p>  <p>Newport. 1 and 2 bedroom condo laundry facilities in each unit. Great location just off Bellevue Ave for weekend retreat or year round living. \$161,000-\$193,000. Call Maggie Elliott 843-2800/2244 even. 683-1882.</p>

Bowling

(Building 656, 841-4293)

— Seaview Lanes
fall/winter hours of operation follow:

Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m., Saturday and Sunday, 1 to 7 p.m. Every other Saturday night, 8 to 11 p.m. for Rock 'n Bowl.

Specials:

— 'Rock and Bowl' Nov. 2, 16 and 30 from 8 to 11 p.m. Rock, roll and bowl at Seaview Lanes! It's affordable and it's fun, so don't miss out! \$7 per person, including shoe rentals.

— Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

Special sports, fitness programs

Youth basketball to begin:

Youth, ages 4 to 15 are invited to register for winter basketball, which begins on Jan. 11 and runs through March 22.

Games will be played Saturdays and players will be notified of game location prior to game. Cost is \$25 per child and registration ends on Friday, Nov. 29.

Register at Gym 109, Monday through Friday, between 8 a.m. and 4:30 p.m. in the Athletic Director's office.

All coaches meetings and team selections will be at Newport County YMCA on Valley Road. For more information, call Jeff Dunn at 841-7196.

Youth fitness program:

Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and Fitness Plus) are required to take a mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds who may also choose to participate in the fitness assessment program instead.

The youth fitness class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call

841-7196 for information or to pre-register.

Yoga: The next session of "Vinyasa" (flow) yoga classes will begin on Wednesday, Nov. 6 at Fitness Plus.

This dynamic class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout.

Special attention will be directed towards postures that aid in athletic activities.

The six-week session costs \$60 and classes are held from 4:45 p.m. to 5:45 p.m. in the Aerobics Room at Fitness Plus, Building 355. A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class.

Mats may be purchased at Fitness Plus for \$18 during normal hours of operation.

For more information, or to pre-register for the next session, call Fitness Plus at 841-1474.

Gymnasium (Gym 109, 841-3154)

• Fitness Walk 'n Tone, designed for patrons age 50 and up. Stretching and muscle toning exercises as well as 20-plus minutes of fitness walking around the gymnasium. Classes are held Monday and Thursday 8 to 9 a.m. in Gym 109. Call for space availability. Fee is \$5 for six weeks.



Ron Fontaine/U.S. Navy photo

TWENTY-THREE Japanese civilians from Yokosuka City, on a visit to Newport Oct. 21, stop by the Naval War College Museum to look at the famous Perry Scrolls which depict Navy Commodore Matthew C. Perry's expedition to Japan in 1853-54, that opened trade relations with the West. The group also toured the Breakers mansion, called on Newport Mayor Richard Sardella, and laid a wreath at the Perry statue in Touro Park.

• Fitness equipment such as Hammer Strength, lifecycles, treadmills, free weights, etc available; also racquetball, squash and basketball courts.

Aerobics/ exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

• The fall schedule of group fitness classes is now in effect and includes new classes such as Pilates, incorporating exercises for core muscles and lengthening stretches; Yoga and cardio-kickboxing. The schedule still contains a good

variety of cardiovascular, toning and circuit training classes which are offered throughout the day. No need to pre-register. Classes are free to active duty, dependents, and active reservists.

DoD may participate for just \$1 to walk-in or purchase a punch card good for 30 classes for just \$25. Call or stop by for current schedule.

Computer Café (Building 656, 841-2194)

• Personal computers available seven days a week to send and receive email, surf the web, play games, etc. — all at no charge.

Open Monday through Fri-

day at 7:30 a.m.; Saturday, 11 a.m. to 11 p.m. and Sunday, noon to 8 p.m. Food menu available from the Recreation Center kitchen.

Music/games

(Building 656, 841-3054)

• Lunchtime BINGO, Thursday and Friday only. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$500! If no one wins, play continues until a good BINGO is called, winning that lucky person \$100.

Three regular games each day with \$30 prizes for every BINGO called. Jackpot game begins at 12:30 p.m.



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SEALs refined PT program 'trickling down' to all-Navy

By KATE HOWARD
NAVSTA Public Affairs Staff

Physical Fitness Training (PT) as the Navy knows it may change, if all goes according to the plans of Jeremy Levine.

Levine, a physical fitness instructor, former Marine, and professional bike racer from Virginia, was at the Senior Enlisted Academy last week to teach a two-week course he developed. Six SEA instructors are now Certified Military Physical Training Specialists.

His methods have already been implemented in the Navy's training of SEALs, and he hopes to see it spread Navy-wide.

Starting in 1995, Levine spent a year researching and developing a course of instruction for the Navy SEALs with a focus on operational training and hands-on technology.

He spent eight years in the SEAL community, serving as a physical training adviser to the Naval Special Warfare Command, teaching those who train SEALs how to lead his program.

Levine's high-end physical training program begins with a foundation of knowledge of physiological functioning in human movement.

"Looking back on the training used in the Navy, the foundation is there, but we misinterpret and violate the principles of physical training," Levine said. "We need application across the board."

Levine uses this application of physiological knowledge and teaches methods that work muscle groups most effectively, while also simulating the range of motions used by the Navy in every day labor.

Levine does this with equipment that is more portable and inexpensive than the Navy currently uses.

"You could outfit a small command of 250 people with the basic tools we use for the price of three or four treadmills, and they could fit in a travel kit the size of a military flight bag," he said.

The most unique aspect of the program is the use of machines that simulate Olympic weight lifts without the risk. "Olympic lifts can be dangerous, and they often cause injury," Levine explained. "These machines simulate them in a

safe way. We've never had an injury in our courses."

The machines have no seats, so they require feet to be on the ground, in the same manner as a Sailor on a ship would work, according to Levine. The motion of these machines can be related to any job, from loading artillery shells, to dragging chains and cables across a deck, or



Ron Fontaine/U.S. Navy photo
INSTRUCTOR Jeremy Levine, left, looks on as **Master Chief Electronics Technician (SS)** John Self, leads his class in strengthening exercises with dumbbells at Gym 109.

climbing ropes and ladders.

The other primary tools used for strength training range from traditional to innovative, and give variety to basic calisthenics. Dumbbells are used as well as smartbells, a tool that uses the weight in a more ergonomically effective fashion, with handles that promote the use of both hands at once.

A variation of the medicine ball, called an "Ooof Ball," is used because it has the weight of a traditional medicine ball with improved functionality, allowing it to bounce or float.

"We may have had no energy when we went home at night the first few days, but now we are eating better, hydrating ourselves, feeling far better than before," said Command Master Chief Ralph Rao, a student in the course. "This is a total-body experience," Rao added.

Command Master Chief David Stahura, the physical training coordinator at the SEA, also had nothing but praise for Levine and his methods.

"Even people who aren't exercise nuts are en-

Take the MWR bus to Macy's Parade

Don't miss your chance to see this famous Thanksgiving Day Parade, highlighted by magnificent floats, giant balloons, fabulous marching bands, celebrities and of course, Santa Claus!

The Ticket Connection will travel to New York on Thursday, Nov. 28 for this must-see event and they want you to come along! Cost is just \$43 per person. The bus departs at 5 a.m. and returns at 5 p.m., so you will still be able to enjoy Thanksgiving dinner when you return.

This trip will sell out, so sign up today! Register at the Ticket Connection, Building 656 or call 841-3116 for more information.

Something's Bruin in Providence

The Ticket Connection, Building 656 has discount ticket vouchers for all regular season Providence Bruins home games.

The vouchers cost just \$11.50 each and are easy to redeem—simply take them to the Dunkin' Donuts Center box office (prior to or on the night of the game) and turn in for the best seating available at the time of redemption.

These vouchers would make a terrific gift for the sports fan in your family, but at just \$11.50 each there doesn't need to be a special occasion!

Stop into the Ticket Connection to pick up your vouchers and a game schedule today! For more information, call 841-3116.

Intramural flag football

The Naval Station Newport
Intramural Flag Football
League standings ending Oct. 25.

Oct. 24

JOA def. S-Birds, 31-6
SWOS Bravo def. SWOS Charlie, 1-0

Oct. 22

SWOS Delta def. Helmets, 28-6
REDCOM def. NUWC Nerds, 54-0

Oct. 23

Helmets def. NUWC Nerds, 35-7
SWOS Delta def. SWOS Alpha, 18-14
REDCOM def. NACC, 28-14

Standings

REDCOM.....6-0
JOA.....4-1
SWOS Delta.....4-3
SBirds.....2-3
NACC.....2-2
Helmets.....2-2
SWOS Bravo.....2-2
SWOS Alpha.....1-3
NUWC Nerds.....1-5
SWOS Charlie.....0-3



Ron Fontaine/U.S. Navy photo

RUNNERS stretch out along Gym 109 at the Armed Services YMCA-sponsored 5k run last Friday to recognize October as Breast Cancer Awareness Month. About two dozen runners and walkers participated.

Atlantic, Norfolk, Va.

Lt. Michael A. Parimucha, MC,
Naval Hospital, Jacksonville, Fla.
Ens. Denise Keisten Penny, NC,
Naval Air Station, Jacksonville, Fla.
Ens. Treva Poerschmann, NC,
Naval Medical Center, Portsmouth,
Va.
Ens. Sharon Quallio, NC, Naval
Hospital, Jacksonville, Fla.
Lt.j.g. Zinovy B. Senishin, MSC,
Naval Hospital, Bremerton, Wash.
Ens. Eric S. Simmons, NC, Nation-
al Naval Medical Center, Bethesda,
Md.

Lt. j.g. Michelle M. Spears, MSC,
Naval Hospital, Jacksonville, Fla.
Ens. Loren Ray Standley Jr.
MSC, Naval Medical Center, San
Diego, Calif.
Ens. Daniel R. Vargas, NC, Naval
Hospital, Pensacola, Fla.
Ens. Daniel R. Vathy, NC, Naval
Medical Center, San Diego, Calif.
Ens. Emily Christine Voight,
NC, Naval Medical Center,
Portsmouth, Va.
Ens. Lincoln V. Webbeking, NI,
Naval Nuclear Power Training Com-
mand, Charleston, S.C.

Ens. Cecilia Renee West, NC,
Naval Medical Center, Ports.h, Va.
Ens. Judith C. Whatley, NC,
Naval Medical Center, San Diego,
Calif.
Ens. Jeremy Drew Wilkinson,
MSC, Naval Hospital, Guam
Ens. John R. Willcox, NC, Naval
Medical Center, San Diego, Calif.
Lt. Mark D. Williams, MC, 3rd
Force Service Support Group, Oki-
nawa, Japan
Ens. Riley Lee Williams, NC,
Naval Medical Center, Portsmouth,
Va.

Tuition

Continued from Page 9

Training.

Tuition Assistance will cover 100 percent of all tuition and fees related to course enrollment, up to \$250 per semester hour. Because of the increase in TA payments, and the heightened awareness within the Navy of the importance of education, the Navy is anticipating increased numbers of participants in voluntary education programs.

To spread the funding over the greatest number of Sailors, there will be a fiscal year funding limit of 12 semester hours (or equivalent) per individual.

Howard Shea, Navy College Office at Naval Station Newport, said under the old program about 75 percent of tuition was covered.

“Although the reimbursement is higher per credit, there is a 12-credit hour cap per year, not semester. The Community College of Rhode Island charges only \$90

per credit, but 12 credits at Roger Williams College is \$3,000 so TA covers only four courses there.”

He said students who received TA between Oct. 1 and 21 should stop by the Navy College Office and pick up an upgraded TA voucher upgraded to 100 percent.

Office hours are Monday-Thursday, 8 a.m. to 3 p.m. and Friday, 8 a.m. to noon.

The design of the new Navy TA program was a joint effort and included input from key leaders across the Navy. Additionally, prior year statistics were analyzed and it was discovered that the vast majority of Sailors (less than 5 percent) never reached prior year caps, and most took less than 12 semester hours of course work.

Harms believes the design of the new program will enable the Navy to have a program that is affordable, and yet will provide a very substantial benefit to all par-

icipating Sailors.

"We tried to look at every possible angle to be as fair as we could, and support the greatest number of Sailors," said Harms. "At the same time, we wanted to make sure that this benefit was not viewed in isolation.

Sailors should also take advantage of the other voluntary education programs such as free DSST (DANTES Standard Subject Testing) and CLEP tests.

Shea said Sailors can supplement TA with aid through the Montgomery G.I. Bill and Veterans Education Assistance Program (VEAP) for those who are qualified for these programs.

For more information about voluntary education programs within the U.S. Navy, visit the Navy College Web site at <https://www.navycollege.navy.mil/>

Disabilities

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like everyone else,” according to Madeline Freiburger.

For the past 23 years Edna Bartram has matched guide dogs with the blind through Guiding Eyes for the Blind. She is truly a woman of passion. Mrs. Bartram is herself blind, but instead of letting this hinder her she reaches out to others by helping them find a guide dog.

Mrs. Bartram's own guide dog is a yellow Labrador named Strider.

Other organizations included The American Association for Heart Disease, Trudeau Center, Ocean State Center for Independent Living, and Meeting Street School.

There were wheelchair specialists and displays on arthritis, and a booth where visitors could get checked for diabetes.

PT

Continued from Page 12

joying it," said Stahura. "This teaches stability, core strength, and flexibility. Parts of my body I couldn't reach a week ago, I can now," he joked.

During the second week of the course, after drills and functional training were mastered, Levine left the teaching to the SEA instructors.

They took turns leading their peers in strengthening exercises, because the focus on this course is on getting the knowledge and confidence for each student to bring back to his Physical Training classes, according to Levine.

“At the end of the course, all six attained their certification, approved by the American Council on Exercise. This al-

lows them to lead physical training at their commands, work in a gym, or apply to college credits.

Change in the physical training program at the SEA will go into effect immediately. PT will go from two hours, three times a week to one hour, five times a week. This will take up less time and be more effective, Stahura said.

The Morale, Welfare and Recreation (MWR) Department will purchase the equipment used in the class, and Stahura will lead the SEA physical training — in effect teaching the senior enlisted to teach others as well.

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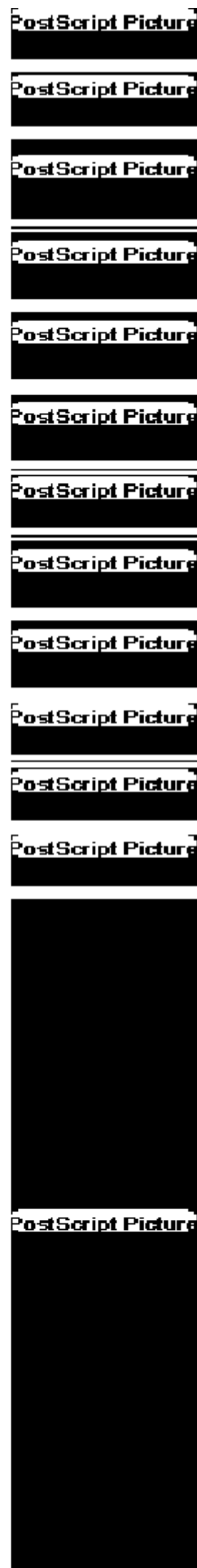
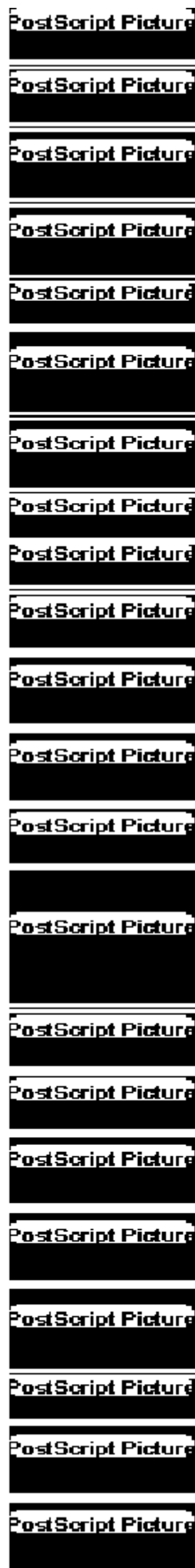
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Heat stress readings are now automated

SAN DIEGO (NNS) — If you've worked in a ship's engineering, laundry, scullery, galley or engineering workspace; exercised outside on a hot and humid day; or even sat in a sauna too long, you know how debilitating heat and humidity can be.

In fact, too much heat can make you sick — and in extreme cases, can even threaten your life.

To help prevent heat injuries, Navy and Marine Corps directives, OPNAVINST 5100.19D, NAVMED P-5010, and MCO 6200.1E, require environmental conditions be monitored frequently, sometimes as often as once an hour.

Monitoring can be arduous — corpsmen with hand-held me-

Navy-wide news

tters take wet bulb globe temperature mea-

surements, and from these establish physiological heat exposure limits and flag conditions.

It's a time-consuming and tedious — although important — task.

But thanks to an automated system developed at the Naval

Health Research Center in San Diego, in collaboration with Naval Sea Systems Command, U.S. Naval Air Forces Pacific, Naval Surface Warfare Center Carderock Division, and industry, what used to take hospital corpsmen many hours, a machine now calculates instantaneously.

Sailor is blown overboard, saved

USS CONSTELLATION, At Sea (NNS) — A U.S. Navy Sailor attached to Strike Fighter Squadron (VFA 151), was recovered off the coast of Southern California after spending more than seven hours in the Pacific Ocean.

The Sailor was blown overboard by jet blast at five minutes past midnight, Saturday, Oct. 19 as he walked behind an EA-6B "Prowler" on the flight deck of USS Constellation (CV 64).

The Sailor was performing routine duties during normal night flight operations at the time of the incident.

Because fellow shipmates saw him go over the side, rescue efforts began immediately. The ship conducted a 180-degree turn to position itself in the vicinity of the Sailor. Helicopters and Rigid Hull Inflatable Boats (RHIBs) from Constellation, USS

Valley Forge (CG 50), USS Bunker Hill (CG 52), and USS Kinkaid (DD 965) assisted.

At approximately 7:20 a.m., Bunker Hill's helicopter detachment spotted the Sailor in the water. Constellation's helicopter squadron recovered the Sailor and returned him to the ship where he is in stable condition following medical treatment.

CNO reports manning highest in 34 years

GROTON, Conn. (NNS) — Chief of Naval Operations Adm. Vern Clark said the Navy has the best manning it's ever had during his 34 years of service.

"Our Navy is better manned than it has ever been manned since you or I have been in the Navy," the CNO told

commanding officers at Naval Submarine Base New London, Conn.

Clark added that 20 years from now, he envisions a Navy without non-rated personnel where every Sailor has a challenging and meaningful job.

"I would love it if there were no non-rated people in our Navy," Clark said.

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